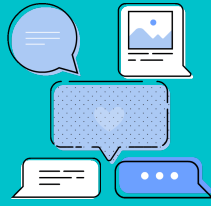


# LIVING YOUR BEST QUARAN-TEEN LIFE

## If you're bored

- Virtual Field Trips
- Start a journal
- Watch Some Good News
- Apps: **Orbit** (puzzles) **Words With Friends** (scrabble), **NASA** (space!), **Quiz Up** (trivia), **Skyview** (stargazing)
- Listen to a podcast
- Learn to cook
- Watch Ted Talks by Teens



## If you want to help others

- Write texts, emails or cards to people who are having a hard time.
- Donate to your local food bank
- Create positive message posters and put in your windows or sidewalk chalk
- Follow @goodnews\_movement on instagram for inspiring ideas!

## If you miss friends

- Continue or start a club with other students
- Hang with friends on Houseparty app (Video chat & built in games app)
- Go on a photo scavenger hunt separately, then share pics & vote on best
- Send video messages on Marco Polo app
- Play games over the phone
- Furious 5 second challenge

## If your family needs help

- Central Oregon Resources
- Neighbor Impact
- Family Access Network (FAN)
- 211 Resource Guide
- Central Oregon Helpline: 211 OR 1-866-442-0954

## If you're struggling with big feelings

- Coping strategies
- Reach out to your school counselor- they miss you!
- Calming activities
- Relaxing yoga poses
- Youthline Teen Peer Support: 877-968-8491, Text teen2teen 839863
- Practice breathing exercises
- Mindful Apps: Calm, Headspace Smiling Mind
- Listen to your favorite music



## If you don't feel safe

- National Hopeline Network: 1-800-442-HOPE (4673)
- Crisis Line: 1-800-875-7364
- Suicide Prevention Lifeline: 1-800-273-8255
- Cascade Youth & Family Svcs: -homeless teens 541-382-0934 -crisis hotline: 1-800-660-0934
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)

